



Parenting Today 2016-17

Workshops will be held from 6 – 8 p.m. at Educational Support Services – Jameswood School, 1 Braintree Crescent (off Olive & Ness). Free pizza supper will be offered from 6:00 - 6:30 p.m. and session will take place from 6:30 – 8:00 p.m. To register, please call Arlie Williams-Taylor at 885-9555 or email ptregistrations@sjsd.net

Tuesday, November 1, 2016 Coaching For Confidence

Facilitated by: **Dr. John Walker:** A Professor in the Department of Clinical Health Psychology at the University of Manitoba and Director of the Anxiety Disorders Program at St. Boniface General Hospital.

Shyness and anxiety are normal human emotions. Some children, however, are much more shy or fearful than the average child. For these children, anxiety may interfere with their enjoyment of school, activities with other children, new experiences (swimming lessons, birthday parties, etc.), and their development of independence and confidence. In this session, parents will learn about anxiety in children aged four to seven and gain useful tools to help your children overcome this problem.

Once registered for any session, IF YOU CANNOT attend, please be sure to cancel by contacting Arlie Williams-Taylor at 885-9555 or email at ptregistrations@sjsd.net

FREE CHILDCARE IS PROVIDED FOR SESSIONS. When registering please indicate for how many children and their ages. Once registered, **if you cannot attend**, please be sure to cancel by contacting **Arlie Williams-Taylor at 885-9555** or by email at **ptregistrations@sjsd.net**